

DEPARTMENT OF THE ARMY
RAYMOND W. BLISS ARMY HEALTH CENTER
FORT HUACHUCA, ARIZONA 85613-7040

MCXJ-DS-PT
Clinic Guideline 2

16 March 2001

UTILIZATION OF THE NEUROMUSCULOSKELETAL EVALUATION CLINIC

1. PURPOSE: This clinic guideline (CG) delineates those medical problems, which can be referred directly to the Physical Therapy Service without an orthopedic evaluation.
2. GENERAL: The medical problems listed below can be referred directly to the Physical Therapy Clinic:
 - a. Any acute strain or sprains of the back, neck, shoulder, elbow wrist, hand, hip, knee, leg, ankle, and foot. For those acute injuries that need to be seen ASAP, please contact the Physical Therapy Clinic at 533-9102. We have appointment slots designated for these types of injuries. Please call.
 - b. Any chronic problem in the above areas (i.e., tennis elbow, bursitis, tendonitis, chronic low back pain, chronic neck pain, and osteoarthritis to name a few), with or without positive x-rays.
 - c. Appropriate lab and imaging studies, including x-rays, bone scans, CT Scans, MRIs, blood and urine studies should be initiated by the referring provider. Treatment to include profiles, RICE, muscle relaxants, pain medication, anti-inflammatory medication, should also be initiated as indicated by the problem. However, the therapist may order these studies and appropriate medications, as he/she deems necessary if not already ordered.
 - d. The physical therapist may screen all referrals for accuracy of diagnosis and order the appropriate diagnostic studies as indicated. In addition, the therapist may institute a physical profile of up to 30 days and quarters up to 72 hours for active duty personnel. Should questions arise as to management, treatment, or diagnosis at any time during the course of physical therapy, the physical therapist will consult the Chief, Orthopedic Service.
 - e. No medical record entry is necessary to document that screening has occurred if there are no findings that would indicate potential for the need for physical therapy intervention.

KENNETH R. BLANKENSHIP
CPT, SP
Chief, Physical Therapy